

MONROE-WOODBURY CENTRAL SCHOOL DISTRICT

-----HIGH SCHOOL, 155 DUNDERBERG ROAD, CENTRAL VALLEY, NEW YORK 10917 (845) 460-6245 mw.k12.ny.us

Dear Parent/Student:

Monroe-Woodbury Middle School will offer the following Interscholastic Sport programs for 7th and 8th Grade students in the Fall of 2019:

Cross Country – (Boys and Girls)

Soccer – (Boys and Girls)

Cheerleading

Volleyball – Girls

Football – Modified “B”

All Middle School sports will start on **September 4th (the first day of school)**.

In order to participate in any of the Fall Sports, you must first receive clearance from the Middle School Nurses' Office. A physical examination is required. If you have had a physical on or after September 1, 2018 and it is on file in your health records, you do not need another physical examination to participate in a fall sport. If you need a **physical**, they will be given at the **High School Nurses' office on Thursday, August 15th and Tuesday, August 20th** between the hours of 8:00 a.m. and 9:00 a.m. Physical examinations may also be conducted by your family physician, in which case you will need a school district medical examination form to be filled out by the physician and taken to the Middle School Nurses' office for clearance.

Sports Updates must be done no sooner than thirty days before the opening day of each sport season. **Each athlete must appear in person** at the **Middle School Nurses' Office** for an update, which will be conducted from 8:00 a.m. to 12:00 p.m. on **Wednesday, August 28th and Thursday, August 29th, 2018**.

Please note, if you have a history of asthma, food allergies or bee sting allergies, you will be required to have your medication. In order to use medication in school or at sports functions, you need a physician's order, written permission from a parent or guardian, and the medication in its original container with your name on it. Please bring the necessary documentation and the medication with you when you come for your update.

The Parent Permission/Update form is downloadable along with the Authorization for Medication form and the Physical Examination form through the mw.k12.ny.us website.

Sincerely,

Lori Hock
Athletic Director